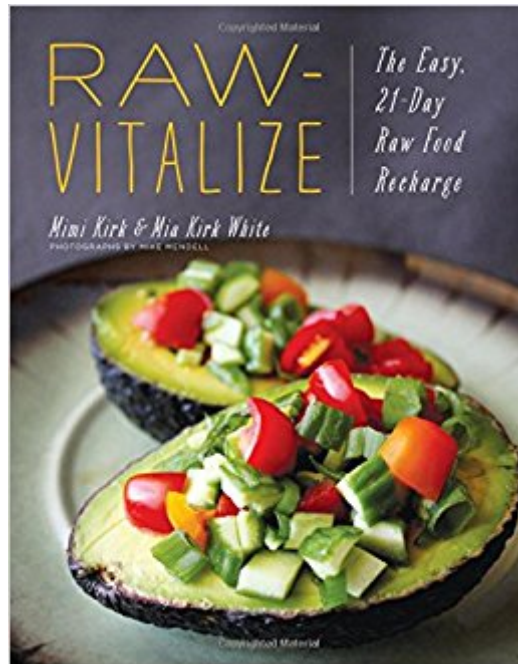




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# Raw-Vitalize: The Easy, 21-Day Raw Food Recharge



## Synopsis

A day-by-day guide to clean, raw eating Catch the wave of health and good living with this easy and delicious 21-day raw food plan. Mimi Kirk and her daughter, Mia Kirk White, developed the plan when they decided to team up and remind themselves of the benefits of eating all raw, all the time. They needed a plan that would work with their busy schedules, with meals that would fit into a set menu, but still allow them to mix and match foods. These recipes are so good, you'll make them again and again. Raw-Vitalize includes shopping lists, make-ahead prep ideas, and tips for eating on the go. 60 color photographs

## Book Information

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Best Sellers Rank: #12,721 in Books (See Top 100 in Books) #5 in Books > Cookbooks, Food & Wine > Cooking Methods > Raw #352 in Books > Cookbooks, Food & Wine > Special Diet

## Customer Reviews

Mimi Kirk is also the author of *Live Raw*. Voted PETA's sexiest vegetarian over 50, she has appeared on NBC, CBS, and Fox News; and in *VegNews* magazine, *Purely Delicious*, and *PETA Prime*. Her careers span the gamut from being a stand-in for Mary Tyler Moore and the designer behind Valerie Harper's wardrobe on *Rhoda* to a costume jewelry designer; publisher of an environmental newspaper in Los Angeles; board game inventor; and author. She helped start the first film festival in Taos, New Mexico, and has worked with several nonprofits to help raise money and awareness about health and environmental concerns. Kirk enjoys spending time with her boyfriend, four children, and seven grandchildren. She lives in Ramona, California. Mia Kirk White is a Certified Holistic Health Counselor trained in nutrition, Jin Shin, Swedish massage, and Acupressure. She lives in Richmond, Virginia with her two children.

New to eating 100% raw foods, this book has been a revelation to not only me (but my husband as

well). When Mimi Kirk and daughter Mia Kirk White, co-authors of Raw-Vitalize wrote "...Our flavorful recipes include simple techniques, handy tips, and no-fuss recipes. Most recipes can be made in approximately 10-15 minutes, making it easy to keep your 21 day commitment and beyond...." they weren't kidding. I'm already planning a Raw Food Journey beyond the last page of this book. The meals are delicious, the food combinations flavoursome and filled with texture, and the last bite always leaves you with a desire to turn the page and explore 'Raw' a little more! It's easy to make seasonal adjustments if produce isn't readily available, or to make dietary adjustments if need be. The meal plans have somehow brought out a new found culinary creativity to our meals which hadn't previously existed. This wonderful book recharges mind, body and soul - it's that satisfying! See below - our attempts of recreating the recipes Mimi and Mia created for Raw-Vitalize.

The recipes in this book are not only quick to make but delicious as well! I've worked through the 21 days of breakfast, lunch and dinner meals with the help of shopping and pantry lists for each of the three weeks. As a single raw vegan eater this book makes single serving portions so I can eat a variety of foods at every meal. There is currently a supportive Facebook page where members share their journey through this book. I found the entire process positive. The meals are tasty! I am currently working through the book again. I highly recommend this book to individuals interested in a healthful, varied and delicious raw vegan lifestyle.

Very good book. Very informative.

Excellent Book! wonderful recipes

Great recipes. Variety to keep you on track.

Excellent

I am not disappointed at all with this book. Totally enjoying all of it. Great, easy to make recipes and easy to follow instructions. You can follow the 21 day plan exactly or mix it up for random order based on what you have in the house to use up. Great pictures. I like having the 21 day plan big time. Everything is very tasty and healthy. Just think 21 days and you don't have to figure out what to make for breakfast, lunch, dinner, snacks, desserts or smoothies. The pantry staple list and shopping list for each week makes it very convenient.

Seriously the best raw foods book. I've tried a number of times to have a raw food diet, but other books and plans have always been too complicated to prepare for a working mother. This book has fantastic meals that are easy to prepare and satisfying. Good layout of plans and receipes. I'm even going back to my other books and incorporating those meals now that I have the hang of it. Feel much better and no desire to eat processed food.

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